

Mid-Winter Medical Education
Conference 2020

Hawaii 45



January 31 -
February 7, 2020

Fairmont Orchid,
The Big Island



UnityPoint Clinic

In celebrating forty-five consecutive years, the Mid-Winter Medical Education Conference has provided practicing physicians and other healthcare professionals an opportunity to share professional practice concepts with colleagues in practice and academic settings. The objective of the conference is offer providers current evidence-based, valid and reliable practice information. The providers also can network and interact with professional colleagues who are confronted with similar practice challenges and clinical questions. All conference topics are identified in the program agenda. Each lecture will be followed by discussion and multiple questions from the conference attendees.

Professional Practice Gaps

Topics presented at UnityPoint's 45th Annual Mid-Winter Conference were identified as professional physician practice gaps. The planning committee utilized information sources listed below to identify clinical and administrative medicine professional provider practice gaps:

- Evaluation results from previous Mid-Winter Conferences
- UPC VP Medical Director feedback/discussion
- UPC Provider Engagement Team feedback/discussion
- UPC Leadership Team feedback/discussion
- Current UnityPoint Health clinical quality initiatives
- Quality initiatives from state and national health care organizations



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Iowa Medical Society (IMS) through the joint providership of UnityPoint Health – Des Moines and UnityPoint Clinic. UnityPoint Health – Des Moines is accredited by IMS to provide continuing medical education for physicians.

UnityPoint Health – Des Moines designates this live activity for a maximum of 28.00 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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Friday, January 31

7:00 AM **Program Introduction/ Conference Design and Presentation**

Melissa Berry, Conference Coordinator
David Jones, MD, Medical Director
Stephanie Lindstrom, MD, VP Medical Director

7:15 AM Topic: **Pediatric Clinical Pearls Part 1**

Speaker: Rachelle Gammon, DO, FAAP

Participants will be able to:

- Diagnose bronchiolitis and treat according to AAP guidelines
- Strep diagnosis and management
- Diagnose and treat otitis media according to AAP guidelines

8:15 AM Topic: **Pediatric Clinical Pearls Part 2**

Speaker: Rachelle Gammon, DO, FAAP

Participants will be able to:

- Judicious use of corticosteroids
- Differentials of urinary symptoms in children
- Bed wetting management

9:15 AM **BREAK**

9:30 AM Topic: **Burnout Prevention-Physician and Advanced Practice Provider Well-being**

Speaker: Stephanie Lindstrom, MD, VP Medical Director

Participants will be able to:

- Understand the causes of clinician burnout
- Understand the signs and symptoms of clinician burnout
- Learn how to thrive physically, mentally, and spiritually while finding joy in clinical practice

11:00 AM Topic: **Blood Borne Pathogen Exposure and Managing Risk**

Speaker: Amy Bethel, MPA, BSN, RN, NE-BC

Participants will be able to:

- Discuss current state of exposure at UnityPoint
- Understand action steps to prevent BBP exposure
- Understand components of the Needle Safety and Protection Act

12:00 PM **Adjourn**

Saturday, February 1

7:00 AM Topic: **Foot and Ankle Injuries**

Speaker: Christopher Ketter, DO, CAQSM

Participants will be able to:

- Review anatomy of the ankle and mid-foot
- Know common ankle injuries in primary care and sports medicine clinics
- Understand common treatment modalities and when to refer



8:00 AM Topic: **Point of Care Ultrasound in Primary Care**

Speaker: Edmund Piasecki, DNP, FNP, PMHNP, MT ASCP

Participants will be able to:

- Demonstrate utility of portable ultrasound
- Introduce basic techniques for use of ultrasound
- Increase familiarity of primary care ultrasound

9:00 AM **BREAK**

9:15 AM Topic: **Introduction to Integrative Medicine**

Speaker: Sarah Jones Ketter, DO

Participants will be able to:

- Define integrative medicine
- Understand strengths and weaknesses of integrative approach
- Be able to apply some integrative principles in case studies

10:15 AM Topic: **Sports Nutrition**

Speaker: Christopher Ketter, DO, CAQSM

Participants will be able to:

- Understand the basics of calorie intake and expenditure
- Understand recommendation for athlete and micronutrients
- Understand recommendation of performance supplements

11:15 AM **Adjourn**

Monday, February 3

3:00 PM Topic: **Pediatric Potpourri**

Speaker: John Davis, MD, Chairman of Pediatrics

Participants will be able to:

- Learn more about rare pediatric disorders
- Develop cognitive skills used to evaluate rare pediatric disorders
- Develop an appreciation for unusual presentation of common pediatric disorders

4:00 PM Topic: **New Clinical Updates in ID for PCP**

Speaker: Roshan Lewis, MD

Participants will be able to:

- Educate on new guidelines for infectious disease
- Increase awareness of when to use antibiotics
- Draw cultures and then start antibiotics

5:00 PM **BREAK**

5:15 PM Topic: **It's Just a Little High Blood Pressure**

Speaker: Michael Weston, MD

Participants will be able to:

- Review current recommendations for hypertension treatment
- Discuss challenging cases experienced in a primary care setting



6:15 PM Topic: **Clinical Role with Skilled Nursing Patients**

Speaker: Amiee Luedeman, RN, BSN, MSN, AGACNP-BC

Participants will be able to:

- Understand how SNF clinicians assist with reducing re-hospitalizations
- Know SNF team roles
- Reduce polypharmacy in the geriatric population

7:15 PM **Adjourn**

Tuesday, February 4

7:00 AM Topic: **Travel and ID Recommendations**

Speaker: Roshan Lewis, MD

Participants will be able to:

- Use CDC website appropriately
- Awareness of prophylaxis and vaccines
- How to get patients pretravel clearance

8:00 AM Topic: **Change Management**

Speaker: Brett Richman, MD, Medical Director
Kendra Richman, Organizational
Development Program Director

Participants will be able to:

- Learn how to help your team or group move forward when there are differing opinions or resistance to change
- Lead through change best practices

9:00 AM **BREAK**

9:15 AM Topic: **Nicotine Dependence –
Smoking/Vaping Cessation**

Speaker: Mary Jo Henry, MSN, ARNP, TTS

Participants will be able to:

- State physiology of nicotine dependence
- Knowledgeable about Electronic Nicotine Delivery System (ENDS)
- Knowledgeable on assisting patients with smoking/vaping cessation

10:15 AM Topic: **CenteringPregnancy – Group Prenatal
Care**

Speaker: Jamie Crompton, CNM, ARNP, MSN,
Medical Director of Obstetrics
Joy Chilcote, CNM, ARNP, MSN

Participants will be able to:

- Describe CenteringPregnancy
- Outcomes measures regarding group prenatal care
- Provide other alternative specialties where this style of care can be utilized

11:15 AM **Adjourn**



Wednesday, February 5

7:00 AM Topic: **Rashes – ID as a Dermatologist**

Speaker: Roshan Lewis, MD

Participants will be able to:

- Identify rashes in your clinic
- Know how to work up a rash

8:00 AM Topic: **The Era of Microbiomic Medicine**

Speaker: Derek Clevidence, MD, VP Medical Director

Participants will be able to:

- Know what the microbiome and microbiomic functions are
- Dysbiosis as pathophysiology for multiple systems
- Possible therapeutics and thinking differently about antibiotics, diet and environment

9:00 AM **BREAK**

9:15 AM Topic: **Headaches I Have Known**

Speaker: Michael Luepke, MD, FACP, FACOG

Participants will be able to:

- Diagnose beyond the common types of headaches
- Know when to image
- Develop a toolkit for headache treatment

10:15 AM Topic: **The Golden Hour of Trauma**

Speaker: Steven Broomhead, DO, Medical Director

Participants will be able to:

- Identify assessments, treatment and interventions related to trauma patient care within the golden hour
- Define best practices related to the trauma patient care within the golden hour
- Discuss the complication of the care and treatment for trauma patient during the golden hour

11:15 AM **Adjourn**



Thursday, February 6

7:00 AM Topic: **UnityPoint - One Team Redesigning Healthcare: Care at Home Services**

Speaker: Todd Richard, PT, MPT, MBA
 Dianne Schultz, DNP, MSN, RN

Participants will be able to:

- Understand the role Care at Home Clinic supports, in alignment with our UPH Strategic Roadmap priority of optimizing our infrastructure to manage risk, performing Home Based Clinic Visits for High Risk Patient Population.
- Understand the role Care at Home Clinic supports, on behalf of UPH, in alignment with National Healthcare Redesign and the development of Ambulatory Care Bundles.
- Understand the role Care at Home Clinic supports in contributing to Value-Based Reimbursement and the Triple Aim: Improving quality, patient experience, & cost of care outcomes.

8:00 AM Topic: **Medical Cannabis and CBD: An Update**

Speaker: Frank Caligiuri, Pharm D, BCPS

Participants will be able to:

- Understand the pertinent botany and pharmacology of cannabis species
- Differentiate between the effects of tetrahydrocannabinol (THC) and cannabidiol (CBD)
- Recognize state and federal laws surrounding cannabis, cannabinoid preparations, cannabidiol and hemp

9:30 AM **BREAK**

9:45 AM Topic: **Understanding Hospice and Palliative Care**

Speaker: David Jones, MD, Medical Director

Participants will be able to:

- Identify the difference between hospice and palliative Care
- Define hospice care
- Define palliative care

10:45 AM Topic: **Behavioral Change**

Speaker: Gwen Luepke, MD, MPH, Medical Director

Participants will be able to:

- Apply Brief Motivational Interviewing to help a patient decide how to change their behavior
- Use an importance ruler to look at patients' own reasons to change behavior and a confidence ruler to help a patient increase their self-perceived ability to change behavior.
- Use the AUDIT and the brief Fagerstrom Test for Nicotine Dependence

11:45 AM **Adjourn**



Friday, February 7

- 7:00 AM Topic: **In-Flight Emergencies**
- Speaker: Derek Clevidence, MD, VP Medical Director
- Participants will be able to:
- Know the most common symptoms and cases
 - Awareness of management strategies and available equipment, supplies
 - Assessment of Risks Pre-Flight
- 8:00 AM Topic: **Management of Selected Non-Pain Symptoms of Life-Limiting Illness**
- Speaker: David Jones, MD, Medical Director
- Participants will be able to:
- Identify types of dysphagia
 - Identify the reversible causes of anorexia
 - Understand the pathophysiology of nausea
- 9:00 AM Topic: **Contraceptive Update**
- Speaker: Michael Luepke, MD, FACP, FACOG
- Participants will be able to:
- Understand the spectrum of contraceptive choices
 - Apply choices to a patient tailored recommendation
 - Recognize and treat complications
- 10:00 AM **Program Closure**
- David Jones, MD, Medical Director
Stephanie Lindstrom, MD, VP Medical Director
- 10:15 AM **Adjourn**